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Technostress: An Empirical Analysis for Investigating the Role of Mindfulness

Completed Research Paper

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Abstract

The purpose of the current study is to examine personal resources for the dealing with technostress and the alleviation of negative consequences arising from technostress. Based on practical observations indicating the importance of mindfulness, the theoretical lense of the job demands-resources model is used to study the effect of mindfulness on techno-stressors and emotional exhaustion. A self-rating questionnaire was distributed to employees of different companies, industries, business units, and hierarchical levels. The results of 134 responses reveal that mindfulness is associated with lower levels of techno-stressors and lower levels of emotional exhaustion. The study contributes that mindfulness is a powerful resource in technologized work environments for the effective and healthy dealing with technologies, the reduction of techno-stressors, and the prevention of adverse health outcomes. Suggestions for the application of the research results, the development of preventive measures, and the assessment of psychological risk factors are provided.

Keywords: technostress, mindfulness, emotional exhaustion, job demands-resources model, empirical quantitative research